

TAILWIND

TRAVIS AFB, CALIF.

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VOLUME 26, NUMBER 34



READY FOR CHANGE

Wing ready for change of command ceremony



DEFYING DRUGS

Drug Education for Youth in full swing



HOT...HOT...HOT

715th AMOG helps fight wildfires in the West

SO LONG, CHIEF

Air Force Secretary bids farewell to General Ryan

SPORTS

Hometown athlete returns from Air Force Academy all fired up

When good dogs go bad



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Words from the Top...

As the change of command nears, wing commander reflects on time at Travis

By Brig. Gen. Thomas P. Kane
Commander, 60th AMW

After almost two years as commander of the 60th Air Mobility Wing, this will be my last column for the Tailwind. On Wednesday, **Brigadier General-select David Leforge** and his wife **Debbie** become the luckiest couple in the Air Force, assuming responsibility for more than 23,000 great Americans who are widely recognized as the absolute best at what they do. Colonel Leforge joins Team Travis with a lot of experience in high-profile positions, which will help him do what's best for our mission and our people in the intense spotlight that is always shining on America's First Choice.

I've always said that when the Air Force feels it's time for me to go, I'd move on to teach high school and coach baseball. Batting practice will need to be delayed a bit longer, though, as Renee and I are headed to Kalkar, Germany, where I will be the deputy director of the Reaction Force Air Staff for Allied Command Europe.

Although I'm transitioning to another job, I want you to know that the past two years have been among the most challenging and rewarding of my 27-year career. Renee and I are blessed to have served with such an outstanding group of people, from my group commanders and their spouses right down to the newest graduates of our First Term Airman's Center.

Together, we've accomplished much since October 1999.

We've warded off chaos in Southwest Asia and the Balkans, serving as the backbone for the employment of our Aerospace Expeditionary Forces. We've given hope to flood victims in Mozambique and earthquake victims in India. We convinced Washington to give you and your families an unprecedented 38 percent increase in Basic Allowance for Housing, and fast-track funding for more than \$9 million in renovations to our worst base homes. We've embarked on a journey toward building a \$40 million air and space education center to inspire future generations of Air Force leaders.

Through these and countless other successes, you've become the most highly decorated unit in Air Mobility Command, with a staggering number of unit and individual awards and, more importantly, the full trust of our nation to do what it takes when the chips are down.

None of this happened by accident, and none of it happened because I said so. It has happened because you are all part of a great team that cares about the important work we do and wants to make a real difference in the world today and America's Air Force tomorrow.

As duty now calls me to Europe, duty

calls each of you to support Colonel Leforge and stay the course on those issues that are larger than any single wing commander. Those of you still digging deep into your pockets after the BAH increase, or weathering 90-plus-degree days with no air conditioning, know that quality of life at Travis needs continued attention, as does much of the infrastructure supporting our mission. Whether you're a newcomer or a veteran, you know the success of AEF and our response to the next world crisis relies heavily on the preparations you make today.

The challenges keep coming at us, but they're no match for the optimism, flexibility, dedication and ingenuity of Team Travis. A new commander may provide some minor course corrections, but all of you—the engines that make this team fly—need to keep pushing forward to get us to our destination.

You have given me the greatest gift you can give any commander: the ability to absolutely rely on your excellence, each and every day. I know that excellence is paid for with the sweat of thousands—our military and civilian professionals, our volunteers, the families and community partners who support us. I don't have enough room in 30 pages much less one to thank you all individually, but I would like to thank a few people who have worked most closely with me during my tenure.

Col. Jan Swickard, my vice commander, **Command CMSgt. Dan Johnson**, the wing's senior enlisted leader, and my group commanders—**Col. Paul Selva**, **Col. Janet Therianos**, **Col. Dave Bird**, **Col. Scott Streifert**, **Col. Ron Bickley**, **Col. Ed Connolly**, **Col. Tim Loftus** and **Col. Jim Young**—while all different, have been the best advisers I could hope for: smart, honest, loyal and tireless supporters of our mission and our people.

Pat Helmts and my executive officers—**Maj. Jack Rickman**, **Maj. Mike Beeson**, **Maj. John Wood**, **Maj. Keith Andrews**, **Maj. Andrea Rupp**, **Maj. Sophie Senn** and the several flying execs who have rotated through the office—



Kristina Cilla / Visual Information

Brig. Gen. Thomas Kane, 60th Air Mobility Wing commander, speaks to the crowd at the NCO Induction Ceremony Monday at the Travis Conference Center. Kane's farewell picnic is Monday from 1 to 4 p.m. in Hangar P-14, and the change-of-command ceremony is Wednesday starting at 9 a.m. on the flightline in front of Base Operations.

have pulled order out of the chaos of the many competing demands on a wing commander and the curve balls I've thrown them. My executive staff, led first by **MSgt. Forrest Smith** and now by **MSgt. Shirley Harmon**, have kept the systems functioning, the paperwork flowing smoothly and helped referee those situations when my generosity has threatened to get the better of my budget.

Finally, the Total Force partners I have served with—**Brig. Gen. Jerry Black** and **Col. Jim Rubeor** of the 349th AMW, **Col. G.T. Jones** and **Col. Rickey Smith** of the 3rd Brigade, and **Lt. Cmdr. Susan Wells** and **Lt. Cmdr. Patrick Ray** of VQ3—have leant their complete support to Team Travis efforts and demonstrated why, together, our armed forces—Air Force, Army, Navy, Marines, active duty, Reserve or Guard—are the greatest fighting force on the planet.

These leaders are just a few of the thousands of men and women whose professionalism and enthusiasm have sustained me as a commander. So that I can shake each of your hands and thank you for making the last two years such a joy, I hope each of you and your family will join Renee and I **Monday starting at 1 p.m. in Hangar P-14**, where we'll enjoy our "final inning" at Travis with a baseball tailgate party.

The two of us walk away from this special place amazed by the great things you've done and happy for the good times we've shared with you.

Thank you and God bless, Team Travis!

Tailwind

Travis AFB, Calif.
60th Air Mobility Wing

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60th Air Mobility Wing commander

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SSgt. Mark Diamond/60th AMW Public Affairs

ON THE COVER: Cowboy tries yet another escape. See what the rules, consequences are for controlling criminal pets.

On the right track

Travis' Drug Education for Youth in full swing

By TSgt. Sweetie P. Lee-Jones
DEFY Public Affairs Liaison

Travis kicked off its second annual Drug Education For Youth program with youth attending a residential camp at Lake Tahoe June 10 through 15.

A total of 53 children from Travis and the local community were recruited and selected to enter the one-year extensive program offered by the base Drug Demand Reduction Office. Fourteen counselors, staff, team leaders and mentors were selected as well to accompany the youth to camp.

The DEFY program is designed to strengthen factors which increase the likelihood that youth will lead healthy, drug-free lives and become productive citizens through mentoring and positive influences. It is tightly focused to reach 9- to 12-year old children. The program reduces risk factors that have been linked directly to adolescent alcohol drinking, drug abuse, school failure, delinquency and violent behavior.

The DEFY program began as a special initiative of the Secretary of the Navy in 1992, when the Navy's Drug Demand Reduction Task Force was established. From 1993 to 1999, the DEFY program expanded to 35 Navy sites. A partnership with the Executive Office of Weed and Seed at the Justice Department began in 1996. In 1999, the Department of Justice funded DEFY at 66 sites nationwide. DEFY's newest partner is the Department of the Air Force. The Air Force has already served as a military partner for many DEFY sites and now offers DEFY as part of its readiness program.

Committed to excellence, DEFY is a unique comprehensive and multi-phased one-year program. The intensive experience of Phase I DEFY leadership summer camp surrounds youth with positive influences and caring adults who encourage them to believe in themselves and their futures. DEFY leadership summer camp focuses on developing youth leadership skills and provides building blocks targeted to strengthen key factors such as:

- Developing good personal relationships

- Setting realistic goals and expectations
- Improving problem solving skills
- Self discipline
- Self confidence
- A sense of being in control of one's life to make good choices

Additional activities covered during DEFY Summer Camp 2001 included: campfire activities, group skits, staff skits, interactive adventures, cross-cultural experiences, beach trips, flag making, diversity education seminars, hiking, canoeing and dancing. The youth also received visits from the Eldorado County Sheriff's Department, Security Forces Police Department Gang Task Force, Travis Chaplain and Travis Equal Employment Opportunity office.

This month, DEFY Phase II will kick off. Phase II, mentoring, is a 10-month mentoring program during the school year in which DEFY youth are matched with an adult mentor team throughout the school year. Mentoring events are built around a curriculum module and are structured to provide reinforcement of skills, techniques and procedures taught initially in the DEFY leadership summer camp.

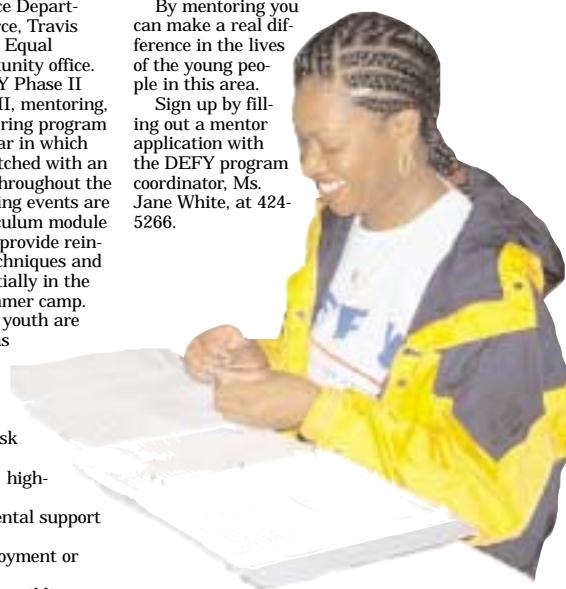
Upon completion of the one-year program youth are referred to other positive programs such as Big Brother/Big Sisters, Boys and Girls Clubs, United Way or the Drug-Free Schools Coordinator. Travis' goal for next year is to ensure the recruitment and selection process is actually reaching at-risk youth meeting the following risk factors:

- Living in a poverty area or an urban, high-density community
- Family problems such as lack of parental support or guidance
- Parent absence due to extended deployment or other reason
- Drug use or gang involvement by older siblings
- School failure or lack of interest and involvement in school
- Drug use and trafficking in an area where the youth lives



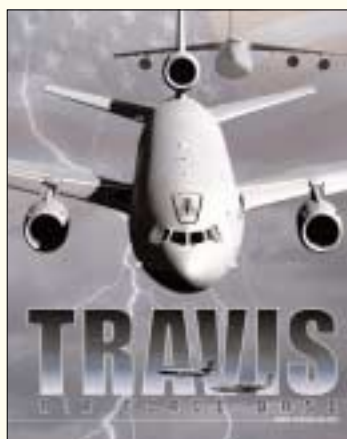
An Eldorado County Sheriff gives a safety demonstration to the children during their trip to Lake Tahoe.

Courtesy photo



Capt. Kawanie Flowe volunteered as camp nurse during the trip to Lake Tahoe.

Courtesy photo



Wing prepares for change of command activities

By SSgt. Jim Verchio
60th AMW Public Affairs

The 60th Air Mobility Wing change of command brings a basewide farewell party Monday and a formal change of command ceremony Wednesday.

Brig. Gen. Thomas P. Kane will turn over command of the wing to Brig. Gen. (select) David R. Lefforge Wednesday at 9 a.m. on the flightline behind Base Operations. A welcome reception follows the event at the Delta Breeze Club.

The ceremony and reception are open to all base personnel and invited civilian guests.

Lefforge comes to Travis from Scott AFB, Ill., where he was the executive officer to the commander-in-chief, U.S. Transportation Command, and commander, Air Mobility Command. His last command assignment was June 1998 to June 1999, when he was commander of the 19th Air Refueling Group at Robins AFB, Ga. He has also served as com-

mander of the 911th Air Refueling Squadron at Seymour-Johnson AFB, N.C., moving on to become deputy commander of the 4th Operations Group there.

Lefforge is a command pilot with more than 3,700 hours in KC-135R, KC-10, F-15E, FB-111, Su-27 and T-38 aircraft.

Before the wing leadership changes hands, base personnel and their families are invited to a baseball-themed farewell for General and Mrs. Kane starting at 1 p.m. Monday in Hangar P-14.

The event features ballpark-style food, drink, games and sports trivia.

People can buy ticket vouchers for the event today from first sergeants. The cost for E-1 through E-4 and their family members is \$2; E-5 through E-6, \$3; and \$5 for E-7 and above and civilians. Vouchers, which are needed for the meal, can be exchanged for tickets at the "will call" window at the entrance to P-14.

Kane has led AMC's largest wing since October 1999.

NEWS NOTES

Self management class

The Family Advocacy Program invites you to participate in the next Self-Management Class to learn effective ways to manage anger. The seven-week course is held on Wednesday evenings from 4:30 to 5:30 p.m. at David Grant Medical Center. Active duty members and spouses are encouraged to attend. Seating is limited, so call the Family Advocacy office at 423-5168 to register.

Common sense parenting

A program for parents of children five years old and up teaches effective praise for good behavior, how to prevent problems before they occur and how to stop problem behavior. Classes are held Wednesday evenings from 6 to 8 p.m. for six weeks. Child care may be available on a limited basis. Call the Family Advocacy office to register at 423-5168.

Couples communication

This program is designed to help couples improve their communication, conflict management and problem-solving skills. The five-week course is held Tuesday evenings from 4 to 5:30 p.m. at the David Grant Medical Center. Call Family Advocacy to register at 423-5168.

New counseling schedule

Starting Monday, Education Center counseling will be conducted on an appointment-only basis. Individuals needing to meet with a counselor must schedule an appointment by calling 424-3444.

Limited Community College of the Air Force counseling will be available on a walk-in basis Tuesdays, Wednesdays and Thursdays from noon to 3 p.m. and Fridays from 8 a.m. to 2 p.m.

Academy briefings

The United States Air Force Academy and the AFROTC programs provide excellent opportunities for enlisted troops to earn commissions.

Informational briefings on these two programs will be held on Sept. 14 and Oct. 12 at 10 a.m. in the Base Education Center.

For more information, contact Kate Haworth at 424-1727.

Rising Six

The Travis Rising 6 has scheduled a meeting at the Delta Breeze Club Wednesday at 3:30 p.m. All Travis enlisted members — Air Force, Navy, Army, Marines and Coast Guard — E-1 to E-6 are welcome to attend.

The Rising 6 is a private organization designed to promote the professional development, welfare and morale of junior enlisted members.

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Secretary bids farewell to Air Force champion

ViewPoint

Dr. James G. Roche
Secretary of the Air Force



Thursday the Air Force bade farewell to a friend, an exceptional leader and a champion of Air Force standards and quality of life. We also hailed on this day a new chief of staff, Air Force Gen. Richard B. Myers, selected by President Bush and confirmed by the United States Senate, to preside over the total Air Force team as our highest uniformed leader.

Gen. Michael E. Ryan dedicated more than 36 years of his life to our Air Force. He sacrificed much and succeeded at all he did along the way. Our grateful nation and our superb Air Force are the beneficiaries of his exceptional leadership, his focus on improv-

ing quality of life for all airmen and their families, his innate sense of excellence and his dedication to successfully transform us toward a fully expeditionary aerospace force.

His legacy is a bright and promising future for aerospace power and all airmen on the total Air Force team, including our active duty, Air National Guard, Reserve, retirees, veterans and families. It has been an incredible honor and a pleasure for me to have had the opportunity to serve with Gen. Mike Ryan. To me, he epitomizes the leader's ethic: my mission; my men; and, only then, myself.

Chief of Staff leaves legacy as Jumper takes stick

ViewPoint

Brig. Gen. Ronald T. Rand
Air Force Director of Public Affairs



Thursday was a big day for our Air Force. At 9 a.m., Gen. Michael E. Ryan, who has been our chief of staff for the past four years, retired, and Gen. John P. Jumper became our 17th chief of staff. It's an exciting and important moment in our history — the end of one era and the beginning of another. After all the farewells and thanks, General Ryan departs, and amid all the welcomes and congrats, General Jumper takes the stick. His priorities as our top uniformed officer will be readiness, retention and transformation, and together with Dr. Jim Roche, our secretary, General Jumper will work hard to make sure we remain the world's greatest aerospace force.

In one of his final media interviews, General Ryan was asked what he thought his legacy would be. In typical fashion, he downplayed talk of his own accomplishments, focusing on those of the Air Force team instead. That's the way he is; for him, the Air Force, and Air Force people, come first, in every decision he makes and every action he takes. He leads us from that position, with clear vision for the future, abiding passion for our institution and unbridled compassion for our people.

When he became chief of staff, General Ryan saw a need to return to our expeditionary roots, and embarked on the transition to today's expeditionary aerospace force. He knew readiness and retention were our

biggest near-term problems, and he set out to correct disturbing downward trends in both. Most importantly, he recognized that our strength is in our people — that the best equipment in the world is just machinery without bright, dedicated, enthusiastic, patriotic, well-cared-for Americans to operate and maintain it. And he dedicated himself to making us one force, one family — to taking care of our people.

It's our people he cares about the most — every single one of them. In every crisis, and in every decision, he makes sure our first action is to take care, both institutionally and personally, of the people affected.

His interest extends beyond the active duty force, to the Guard and Reserve, to our civilians and contractors, to our retirees, and — especially — to our families. It comes from his unshakable belief in the premise that we're an Air Force family and a family Air Force, and from his unbending commitment to the promise that we take care of our own. For him, it's all about leadership.

General Ryan believes leadership is a team sport, that it should not be personalized, and that good ideas are best when they don't have a single identity ... so his leadership style focuses on group ideas and team accomplishments, rather than on him. He begins meetings with a request that everyone participate, because more input will

Gen. John P. Jumper, our new chief of staff of the Air Force, brings an impressive background and broad experience to the job of helping to lead our total Air Force team onward in this new century. Somewhat like General Ryan's, his family ties to our service extend as far back as the Army Air Corps. His experience transcends both the Atlantic and Pacific Oceans, with more than 1,400 combat hours in two Southeast Asia tours and two full assignments in Europe. Having already proven himself a wise counsel and superlative leader at Air Combat Command, I am truly looking forward to serving with General Jumper in the months and years ahead. Our bright future awaits. Together with everyone else on our team, General Jumper and I will work to pilot the journey that will take us there.

On behalf of the total Air Force team, I bid fond farewell with profound appreciation to Gen. Mike Ryan, and congratulate and welcome Gen. John Jumper, our 17th chief of staff of the Air Force.

result in better decisions, and because everyone working together is better and smarter than any one could be. He encourages collaboration and cooperation in all things, and sets the example in his teamwork with our secretary and with our sister services. And he's a great communicator.

The chief recognizes the importance of telling our story — to our airmen, to the media, to the public, and to Congress — and he personally tackles the big and tough communication challenges. He also believes leadership is all about communicating, so he restored the chain of command as the primary information source for Air Force people. He has one hard-and-fast rule: when telling our story, our credibility with public and internal audiences depends on openness and honesty — absolute integrity and truth need to be our watchwords. Nothing more, nothing less. He calls it, "blabbing the truth."

In the last four years, we've become a much better Air Force, playing a much larger role on the world stage. We've built stability into our expeditionary operations ... arrested readiness ... restored our retirement ... worked retention and recruiting hard to maintain the quality of our force ... increased bonuses ... got pay raises ... fought for our people at every turn ... and so much more. General Ryan would tell you that's what the Air Force leadership team has been up to these past four years.

That is the unique and selfless legacy of this third-generation aviator, leader and patriot who has spent his whole life in the Air Force and who retired Thursday with more than 36 years of active-

duty service to this great nation of ours — General Mike Ryan.

If you can't stand the heat... Call in the 715th Air Mobility Operations Squadron

715th Air Mobility Operations Squadron

This summer, air mobility doctrine includes fighting western wild fires.

Maj. John Golden, assistant director of operations, 715th Air Mobility Squadron, and MSgt. Michael Steinkraus, also from the 715th, are deployed to Boise, Idaho, in support of operations against wild fires raging in the western United States. Their groundbreaking mission is to provide active-duty expertise to a traditional Air National Guard and Air Force Reserve mission: fighting fires from the sky.



Courtesy photo

Brig. Gen. John Iffland, provisional commander, 146th AEG, meets with the press in Boise.

charge of different pieces of the firefighting effort.

Thanks to new doctrine, command and control operations are streamlined, and military air assets are used more efficiently. The active-duty component of the 146th AEG provides airlift expertise, liaison and quick response to the group. In addition to executing new doctrine for the first time, the AEG is laying the groundwork for further joint doctrine that will define Department of Defense airlifted inter-agency response to all national disasters. This is just the start of something big.

Brig. Gen. John Iffland, provisional commander of the 146th AEG, organized the task force bringing nearly 200 personnel and eight specially equipped C-130s to support firefighting efforts in 10 western states. The DoD mission, defined through an agreement with the U.S. Forest Service, supports the National Inter-Agency Coordination Center, which is located at the National Inter-Agency Fire Center in Boise, Idaho. NIFC brings together seven federal agencies—including the Forest Service, which set priorities and allocates national resources such as Hot Shot Crews, heavy helicopters and the MAFFs equipped units in support of the entire national fire-fighting effort.

Guard and Reserve C-130s bring the fight to the fire using MAFFS – Modular Airborne Fire Fighting System. Specially designed for the C-130, MAFFS includes a palletized series of large tanks which are filled with up to 3,000 gallons of fire-retardant material. Once over the fire, MAFFS aircraft can lay a line of continuous retardant 1/4 to 1/2-mile long and 300 feet wide. The retardant is a special mixture of 70 percent water and 30 percent solid. The solid component of the retardant includes fertilizer to help promote reforestation. The retardant mixture is a viscous mix that is thicker than water. By coating the trees and shrubs, the liquid breaks the fire's needed triangle of heat, fuel and oxygen by removing the flammability of the fuel and the necessary oxygen.



Courtesy photo

Two MAFFS-equipped aircraft rest on the ramp in Boise between missions. Civilian authorities maintain 44 fire-fighting tankers, many of which are retired military aircraft.

This season, the 146th AEG has supported MAFFS operating out of Klamath Falls, Ore.; Boise, Idaho; Hill AFB, Utah; and Channel Islands ANG Base, Calif. The task force includes Air National Guard MAFFS from North Carolina, Wyoming and California plus the Air Force Reserves MAFFS from Peterson AFB, Colo. The MAFFS augment a fleet of 44 civilian tankers that fly the same mission and respond to fires throughout the nation. As of Aug. 27, the MAFFS had logged 109 sorties and dropped more than 681,000 gallons of retardant.

Steinkraus was hand-picked for the mission. "This is as close as we come to fighting a war in the United States," Steinkraus said. "With all the humanitarian missions we conduct outside the country, it's good to know we have the capability to provide help and relief inside our country while preserving life and the environment."

The best guests to invite to a party are the designated drivers.

**Classifieds
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Courtesy photos

In the distance, crash investigators scour the runway looking for debris that might indicate why the front landing gear came off of a Dover C-5 Galaxy as it taxied to takeoff from Travis. No one was injured in the mishap, which is still under investigation.

When it comes to emergencies, Team Travis doesn't spin its wheels

By Michael T. Moseley
Daily Republic liaison

On Friday, Aug. 16, when a C-5 Galaxy belonging to Dover AFB, Del., lost the nose gear just before take off, Team Travis sprang into action.

The aircraft bounced down the runway and had barely come to a complete stop before Travis fire trucks arrived to secure the area, and ten minutes later Wing Safety was on scene.

Once responders determined no one was injured in the mishap, safety experts and a crash investigation team scoured the area for debris and any obvious causes of the accident from approximately 11 a.m. until 4 p.m.

While investigators combed the site, SSgt. Russell Pirc, 60th Equipment Maintenance Squadron, and his team were busy figuring out how to remove the aircraft from the runway without causing further damage.

"I don't want to say it was a one-man or one-squadron operation," Pirc said. "I may have been the on-scene crash recovery supervisor, but there were a lot of people out there doing a great job. We worked as a team to get it off the runway."

As soon as the plane was released for removal, Pirc and his team decided that "kneeling" the aircraft was the safest way to raise the nose off the ground.

When the nose jacks were in place to support the giant aircraft, the EMS machine shop went to work skillfully retro-fitting the nose gear.

"They were able to get the

nose gear strut back in place," Pirc said. "The weight of the aircraft would then keep it in place until we could get it on a parking spot."

The 60th Aircraft Generation Squadron then stepped in, hooking up to the C-5 and towing it to spot 322. The runway was completely cleared by 11 p.m. the day after the incident.

Towing the C-5 into Hangar 818 for repairs offered another dilemma — the newly-rigged nose gear wouldn't allow the aircraft to be turned.

The machine shop, once again, came up with a solution. Three aluminum spacers were constructed to surround the nose gear strut and lift the aircraft just enough to allow the wheels to pivot in place. By Tuesday at noon the aircraft was in the hangar awaiting further inspection.

For the next three days, under the watchful eye of the safety investigation board, the EMS Non-Destructive Inspection team searched for structural damage.

"We used X-ray and eddy current to look for hairline cracks," said SrA Leonard Johnson, EMS NDI specialist. "We

took apart everything and checked it."

Johnson explained that eddy current is a method that uses an electric current that probes metal, showing faults that cannot be seen with the naked eye. The eddy current is much safer than X-rays and requires no specific protective gear.

The NDI was able to satisfy Wing Safety and the Lockheed engineers, who had flown in to help with the investigation, and the aircraft was released for repairs by 3 p.m. one week after the mishap occurred.

A week's worth of work was required to replace the nose gear, the left aft landing gear and the number two engine, all of which had sustained damage in the incident.

The 60th Component Repair Squadron finished replacing the engine over Labor Day weekend, and the aircraft was released from the hangar the following Tuesday.

"There's one thing I want to clear up," Pirc said. "Some people have said that there is a systemic problem with the C-5 landing gear. This is not true. The landing gear system is as reliable as reliable can be."



The undercarriage of the Dover C-5 Galaxy shows the results of having bounced along the runway after the nose gear separated. After the mishap, X-rays and eddy current tests showed no structural damage, though there was damage to the left aft landing gear as well as the number two engine.

OVARIAN

The deadliest cancer of all

Cancersource.com

Of all the cancers to which women are prey, ovarian cancer is the deadliest. Although odds of survival are good when the disease is discovered early, its rarely detected until the chance of a cure is slim. Fortunately, this type cancer also is quite rare. Your overall odds of developing it are no greater than 1 in 70, in contrast to a breast cancer rate of 1 in 8. In a typical year, some 26,000 women find out they have ovarian cancer, and more than 14,000 women die from it.

What is ovarian cancer?

Normal cells grow and multiply when the body needs them and die out when they are not needed. Cancer is made up of abnormal cells that multiply constantly, whether they are needed or not. In most cancers, the abnormal cells grow so they form a lump called a tumor. Ovarian cancer is when cancer forms in a woman's ovaries. The ovaries are where eggs are stored and the female hormones estrogen and progesterone are made.

Risk factors

Certain factors can make one woman more likely to get ovarian cancer than another woman.

- ▶ Older women have a higher risk of developing ovarian cancer.
- ▶ Women who have never been pregnant are at a higher risk. Women who use birth control pills for more than five years are at a lower risk.
- ▶ Family history is the single most important risk factor. Ovarian cancer in two or more first-degree relatives (mother or sister) suggests a hereditary cause thought to occur in less than 5 percent of cases.
- ▶ A high-fat diet can increase the risk.
- ▶ Women who had their first period before age 12 and women who reach menopause after age 50 have a higher risk.
- ▶ Being 30 pounds overweight triples a woman's ovarian cancer risk. Being 50 pounds overweight increases her risk by 10 times.
- ▶ Women who have had breast cancer are at higher risk of developing ovarian cancer. The risk of ovarian cancer is also higher for women who have used drugs that stimulate ovulation, often used for infertility.
- ▶ White women are about 70 percent more likely than black women to get ovarian cancer.

Symptoms

Ovarian cancer may grow for a long time before you experience any symptoms. When symptoms do occur they can include:

- ▶ Pelvic or abdominal pain or discomfort
- ▶ Vague, but persistent gastrointestinal upsets such as gas, nausea and indigestion
- ▶ Frequency or urgency of urination in absence of an infection
- ▶ Unexplained changes in bowel habits
- ▶ Unexplained weight gain or weight loss, particularly weight gain in the abdominal region
- ▶ Pelvic or abdominal swelling, bloating or feeling of fullness
- ▶ Pain during intercourse

- ▶ Ongoing fatigue
- ▶ Abnormal postmenopausal bleeding (this symptom is rare)

These symptoms may or may not mean ovarian cancer. But if you are having them, you should see your doctor. Your doctor may do a physical exam, including a pelvic exam. During a pelvic exam, the doctor checks the vagina, rectum and lower abdomen for lumps or masses. Your doctor may also do a series of X-rays or other tests.

Diagnosis

If something suspicious is found, your doctor may recommend a biopsy — taking a small sample of tissue from the ovaries to be examined by a pathologist. A biopsy is the only way to know if cancer is present.

If the biopsy shows you have cancer, your doctor may order other tests, such as CT scans and blood tests. The results of all of the tests help determine the stage, or degree of spread, of your cancer.

Staging

It is important for the doctor to find out what stage the cancer is in. Staging tells the doctor how much the cancer has spread. It is important for the patient to have a staging work up, in order for the doctor to recommend the best treatment. The stage is also important in predicting a patient's outcome.

Stage I — the tumor has not spread outside of the ovaries.

Stage II — the tumor has spread to the fallopian tubes, the uterus or extends to the pelvis.

Stage III — the tumor has spread to the abdomen, lymph nodes, surface of the liver and small bowel.

Stage IV — the tumor has spread outside of the abdomen or to the inside of the liver.

Doctors consider the grade, stage and knowledge of a person's health — as well as the person's feelings and preferences — when recommending a treatment plan. Staging information helps doctors compare an individual situation to other women with ovarian cancer.

Treatment

Ovarian cancer can be treated. Treatments include surgery, chemotherapy or any combination of these.

Surgery is almost always the first treatment for ovarian cancer. This is usually a hysterectomy, which includes the removal of the ovaries and fallopian tubes, in addition to the uterus. It is sometimes possible for the surgeon to just remove the ovary that has cancer in it.

Chemotherapy is the use of drugs to kill cancer cells. This form of treatment may be used after surgery to kill any cancer cells left in the body. Chemotherapy can be given by mouth or by injection. It is given in cycles with a period of treatment followed by a period of rest.

During your treatment, a healthy diet will help your body better deal with your disease and the side effects of your treatment plan.

Knowledge is power!

Read a book at the base library.

The Tailwind does not accept faxes or e-mails for Swap Ads. Ads must be turned in by noon Mondays to Bldg. 51, Room 231.

Protecting your baby

Keeping babies injury free

By SRA Jennifer Andrews
60th ANMV Public Affairs

While the curiosity of newborns and infants brings levels of joy to parents, it also requires a new level of child safety.

There are many safety items parents can overlook throughout the house and while outside.

Car seats

All children under the age of 12 should be placed in the back seat of the car, especially if the car has passenger air bags.

Infants should be in a rear-facing infant-only seat until they are one year old and 20 pounds. Be sure to read the car seat manufacturer's instructions and your car owner's manual to be sure you are installing and using the car seat correctly.

Kitchen cooking

Keep toddlers out of the kitchen with a safety gate when you are cooking. Turn the pot handles away from the front of the stove so the child can't grab them. Use the back burners whenever possible.

Also make sure to unplug appliances when not in use and don't let the appliance cords dangle over the edge of the counter where a child could tug on them.

Another safety tip for the kitchen is to store all cleaners, toothpicks, plastic bags and other hazardous items high above a child's reach in a locked cabinet. Be sure to store knives, scissors and other sharp utensils in locked drawers or cabinets.

Don't use tablecloths or place mats around babies or toddlers to reduce the risk of a child pulling hot foods and beverages down.

Bathroom

Never leave a child unattended in the bath, even if it's for a couple of seconds.

Place nonskid decals or mats inside the tub to prevent slipping. Install an anti-scald valve on the hot water heater to keep the temperature below 120 degrees.

Place a lid lock on the toilet to prevent toddler drowning.

Store razors, medicines, soaps and cleaning products high in a locked cabinet.

Throughout the house

Throughout the house in general, people should have working smoke detectors on each level of their home. Matches and lighters should be kept out of children's reach.

Houseplants should be placed on high shelves.

All electrical outlets should be covered with outlet covers, including the outlets in use. A snap-on cover allows parents easy access to plugs while keeping little hands away.

Install window guards on all windows. Don't rely on screens to keep children inside. Wrap window shade cords high above a child's reach.

Install safety gates at the bottom and top of



staircases. Place covers over radiators to avoid burns.

Sunscreens

There are many sunscreens available for children more than six months old. Parents should pick a sunscreen with UVA and UVB protection and an SPF of 15 or higher. Apply the sunscreen in a thick coat at least 30 to 45 minutes before going outside and reapply every two hours.

Limit the child's exposure to the sun when it is at its strongest from 10 a.m. to 4 p.m. Protect your child's eyes with sunglasses that protect against UVA and UVB radiation.

Insect bites

To protect the child from insect bites, avoid using scented soaps or other products on the baby, since fragrances can attract insects. Apply insect repellants to clothing instead of skin so that it won't be absorbed and wash off insect repellants as soon as possible.

Food poisoning

Protecting your child from household appliances and hazards, sun exposure and insects is helpful, but there is one thing that many parents overlook: food.

To protect your child from food poisoning, don't give your child undercooked or poorly refrigerated poultry, meat, fish or eggs.

Wash your hands, utensils and kitchen surfaces after handling uncooked food, and thoroughly wash fruits and vegetables. Don't give your child unpasteurized dairy products or fruit juices.

For more safety information, parents can visit these Web sites: <http://pediatrics.about.com>, www.cpsc.gov, and www.childfun.com.

Children less than 12 years old should always be placed in the back seat of the automobile.

Food safety

Keeping everyone safe with smart food-handling

By A1C Alice Moore
60th AMW Public Affairs

With September in full swing, so is the seventh annual National Food Safety Education Month.

Even though food safety month is conducted only in September, food safety is practiced daily within the all food establishments on Travis.

"We practice it everyday," said Michael Nunez assistant manager of the Sierra Inn.

Nunez says all of the proper steps in food handling and preparation take place in forms of sanitizing, checking food temperature, inspecting the facility as well as observing the employees. He assures that each of the employees are thoroughly trained on properly handling food to prevent contamination.

Along with the Sierra Inn, other facilities take an active role in food safety.

"We check the temperatures of our food daily," said Gloria Hardy, assistant manager of Burger King. "All of the equipment that is used is cleaned properly."

Although all facilities check their equipment and practices daily, there still remains a system of checks and balances.

Deputy flight commander of public health Capt. David Hale says the unit conducts monthly inspections of all of the dining facilities on base.

Recently, Air Mobility Command implemented a policy in which a daily walk — through of the commissary is conducted in the morning, he said.

"The number one reason contributing to food-borne illness is food being placed in improper temperatures," said Hale.

Hale continued to say that Travis' Public Health Unit does everything possible to make sure facilities on base comply with standards.

However, for those who prepare their own food, here are some safe tips according to the Nutrition Action Health Letter:

At the Store

» Don't let juice from raw meat, poultry or fish drip on to

your hands or any fresh foods in your grocery cart. Raw juices may contain bacteria.

» Shop for cold and frozen products last.

» Use a cooler for the ride home, especially during the summer or if you're running other errands.

» Avoid unpasteurized milk and juice, and egg nog or other foods made with raw eggs.

In the Kitchen

» Always wash your hands in hot, soapy water before preparing and after handling raw meat, poultry, seafood or eggs.

» Cook all meat and poultry — or casseroles that contain meat or poultry — at a minimum oven temperature of 325 degrees.

» Cook meats thoroughly, but don't overcook them. Use a meat thermometer in the thickest part of the meat, but don't insert it until the outside is seared or it could carry bacteria to the interior. The USDA says to cook your meat at least to these internal temperatures: beef, lamb, or veal roasts, steaks and chops — 145 degrees; ground beef, pork, lamb veal or fresh pork — 160 degrees; ground chicken, turkey or stuffing — 165 degrees; poultry — 180 degrees.

» Keep the refrigerator at no more than 40 degrees and your freezer at 0 degrees.

» Don't store raw fish in the refrigerator for more than 24 hours. Raw poultry or ground beef will keep for one to two days and raw, red meat for three to five.

» Thaw frozen food in the refrigerator or in a microwave, not at room temperature.

» Never put cooked food on the plate used when it was raw.

» To keep bacteria from growing, put your sponge or scouring pad in the dishwasher every time you run it.

More information

Some websites containing more information about food safety include: www.food-safety.gov, www.fsis.usda.gov, and www.cdc.gov.

Tailwind story
submission deadlines
are 4:30 p.m. the Friday
before publication to
Bldg. 51
Room 232., or e-mail
tailwind@travis.af.mil

NEED A RIDE?

If you are in no condition to drive, use the Dial-a-Ride program. Telephone numbers for participating taxi companies are:

Fairfield Taxi
(707) 422-5555
Yellow Cab of Vacaville
(707) 446-1144
Yellow Cab of Sacramento
(916) 442-4696



CALLING A CAB IS A BETTER OPTION THAN THE ALTERNATIVES.



Air Force Television News, available in closed captioning, is a biweekly production of Air Force News Service. Access the program at www.af.mil or www.broadcastairforce.com

HOMETOWN NEWS RELEASES

Fill out the Department of Defense Form 2266 and bring it in to the Public Affairs Office in Bldg. 51, Room 232.

Drinking

The end results can kill

& driving

innocent people and a military career!

don't mix

CRIME STOPPER

TRAVIS POLICE ACTIVITY BLOTTER

August 27

- ▶ Minor vehicle accident at Fire Station #1
- ▶ Theft of government property at Dorm 1331
- ▶ Theft by fraud at Fort Eustis, VA.
- ▶ Unauthorized photography on the flightline
- ▶ Minor vehicle accident on Travis Ave.
- ▶ Animal control at Kansas St.
- ▶ Damage to private property at Dorm 1351 parking lot
- ▶ Loud noise complaint at Dorm 1304

August 28

- ▶ Theft of private property at Dorm 1334
- ▶ Major vehicle accident on Hickam Ave.
- ▶ Minor vehicle accident at the Travis Credit Union parking lot
- ▶ Animal control at the Security Forces Control Center
- ▶ Minor vehicle accident at the softball field adjacent to the Sierra Inn
- ▶ Assistance rendered at the emergency room
- ▶ Damage to private property at David Grant Medical Center

August 29

- ▶ Loud noise complaint at Dorm 1310
- ▶ Loud noise complaint at Dorm 1330
- ▶ Welfare check on Armstrong St.
- ▶ Malicious mischief at the Skate Park
- ▶ Minor vehicle accident at the DGM parking lot
- ▶ Sexual assault on Bond St.
- ▶ Child abuse on Carlton Ct.
- ▶ Minor vehicle accident on Travis Ave.

August 30

- ▶ Damage to private property at Dorm 1307
- ▶ Minor vehicle accident on Hickam Ave.
- ▶ Juvenile misconduct on Bond St.
- ▶ Minor vehicle accident at Bldg. 803 parking lot
- ▶ Assault on Offut St.

August 31

- ▶ Missing juvenile at Scandia Elementary School
- ▶ Minor vehicle accident on Scott St.
- ▶ Dog bite on Bond St.
- ▶ Dog bite on First St.
- ▶ DUI at the Main Gate
- ▶ Malicious mischief on Diablo Dr.
- ▶ Loud noise complaint at Dorm 1304

September 1

- ▶ Theft of private property at Dorm 1353
- ▶ Damage to government property at Bldg. 230
- ▶ Loud noise complaint on Vermont St.

September 2

- ▶ Loud noise complaint on Armstrong St.
- ▶ Use and possession of controlled substances on Alamo Dr.
- ▶ Loud noise complaint on Fairchild Dr.
- ▶ Verbal dispute on Armstrong St.
- ▶ Lewd conduct towards a juvenile on Roberts Dr.
- ▶ Loud noise complaint on Bond St.
- ▶ Suspicious activity on First St.

NEED A RIDE?

If you are in no condition to drive, use the Dial-a-Ride program.

Fairfield Taxi
(707) 422-5555
Yellow Cab of Vacaville
(707) 446-1144
Yellow Cab of Sacramento
(916) 442-4696

Expand personal development with CSAF reading list

By SSgt. Amy Parr
Air Force Print News

WASHINGTON — For people who wish to expand their professional knowledge or just get a broader look at military views, the Chief of Staff of the Air Force's Professional Reading Program is the place to turn.

Started in March 1997, the program is broken into categories by grade for officers, enlisted people and civilians and meant to cultivate professional knowledge.

The list not only gives people a foundation for their professional library, but serves as a tool for developing that professionalism as well, said Lt. Col. Brenda Roth, Air Force officer professional military education chief.

"It broadens our perspective and increases our understanding of the Air Force and our role in national security," she said.

To enhance that effect, and to keep in line with current Air Force policies and issues, the list is ever-changing, said Maj. Kenneth Smith, Pentagon History Support Office chief.

"The list changes for different reasons," he said. "First, the Air Force is always adapting. Therefore, the CSAF may add or delete a book to ensure the correct focus. Also, new books are evaluated continuously. Since the number of books on the reading list remains fairly constant, by design, an 'old' book will sometimes drop from the list to make room for a 'new' book."

The list, maintained by the Air Force History Office, recently expanded to include "The U.S. Air Force in Space: 1945 to the 21st Century."

Smith said the book was added because it strengthens the coverage of the Air Force's space mission.

"For a book to be on the list it must be relevant," he said. "It needs to be interesting and also needs to fill a particular niche."

The last reason Smith cited for books to be on the list was cost. When books are on the reading list, copies are purchased for base libraries and certain Professional Military Education students. Because so many books are purchased annually, sometimes a less expensive book is substituted for another book to keep the program within the budget.

Because Air Force leaders believe this form of professional development is so important, \$600,000 per year is spent on books. More than 100,000 books are purchased each year, Smith said. Books are distributed, free of charge, to enlisted people attending Airman Leadership School and the noncommissioned officer and senior NCO academies. Officers receive the appropriate books while attending the Aerospace Basic Course, Commissioned Officer Training, Reserve Commissioned Officer Training and Squadron Officer School. Civilians receive the same books as their military counterparts while attending any professional education.

People who have already attended these courses can check out the books in local base library's "Chief's List" section or purchase their own copies. Most books can be purchased at military clothing stores, the Army and Air Force Exchange Service Web site, the Air University bookstore at Maxwell Air Force Base, Ala., and through many commercial bookstores.

Some books on the list are Air Force publications and can be obtained at no cost through the Air University Press or the Air Force History Support Office. "Airpower Journal," recommended reading for all grades, is available online.

The Air Force History Office works closely with the CSAF and his staff to ensure the list is on target with the chief's goals, Smith said.

"The CSAF's reading list ensures a common set of knowledge among Air Force personnel," Smith said. "For example, most of us in the Air Force have not served in combat or worked on the flightline. By reading the books on the list, we develop a better understanding of these and other missions. This in turn helps us as we do our part of the Air Force mission."

A complete list of books, broken down by grade, can be found at www.af.mil/lib/csafbook/index.shtml. The Air University bookstore can be reached at (877) 265-0824.

Military Personnel and Immediate Family

To reach members of your family in times of emergency need,
call the American Red Cross Armed Forces
Emergency Service Center toll-free at (877) 272-7337.



American Red Cross

Water irrigation

**Base residents are encouraged
to conserve by irrigating lawns
on specific days.**

- **If your address ends in an odd number, water your lawn on odd-numbered days.**
- **If your address ends in an even number, water your lawn on even-numbered days.**
- **Water lawns between the hours of 5 to 10 a.m. and 7 to 10 p.m. for 15 minutes.**



CHAPEL

Services

Catholic

Monday through Friday, 11:30 a.m., communion service or Mass, Chapel Center.

Saturday, 4 to 4:45 p.m., confessions, Chapel One.

Saturday Mass, 5 p.m., Chapel One.

Sunday Mass, 9 a.m., Chapel One.

Sunday, 9 a.m., children's liturgy of the Word, Chapel One.

Sunday Mass, 12:30 p.m., Chapel Center.

Protestant

Friday, noon, 30-minute worship service, David Grant Medical Center Chapel.

Sunday, 8 a.m., community, praise & worship service, Chapel Center.

Sunday, 10:30 a.m., community worship service, Chapel Center. Nursery class for kids 3 months to 3 years.

Sunday, 11 a.m., community Gospel service, Chapel One.

Jewish

First Fridays, 7 p.m., Sabbath service, Chapel Center.

Third Saturdays, 10 a.m., Sabbath service, Chapel Center.

Religious Education

Protestant

Sunday, 8 & 10:30 a.m., Children's Church, 4- to 8-year-olds, Chapel Center.

Sunday, 11 a.m., Children's Church, 4- to 8-year-olds, Chapel One.

Catholic

Tuesday, 7:30 p.m., OCIA, Chapel Center

Wicca

Monday, 6:30 p.m., education classes, RE Wing, Chapel Center.

Youth Groups

Protestant

Monday, 6 to 7 p.m., "Community Teens For Christ," 12- to 18-year-olds, Chapel One annex.

Other Groups

Protestant

Second Tuesdays, 7 p.m., Community Young Adult Group, Chapel One annex.

Second Tuesdays, 7 p.m., Protestant Women of the Chapel, Chapel Center.

Third Tuesdays, 7 p.m., Protestant Men of the Chapel, Chapel One.

Fridays, 10 a.m., Protestant Women of the Chapel Bible study, Chapel One.

First Saturdays, 8 a.m., Protestant Men of the Chapel, Chapel One.

Fourth Saturdays, 6:30 p.m., Community Young Adult Group, Chaplain Sander's home on base.

Inside Out

Sundays, 6:00 p.m., rock and praise-style worship, Chapel One.

Upcoming events

Protestant Sunday School begins Sunday from 9:15 to 10:20 a.m. in the Chapel Center Religious Education building. Classes for ages 3 through adult. To volunteer call Gloria Bone at 424-4710.

Rosh Hashanah, the Jewish New Year

Sept. 17, 7 p.m., Chapel Center

Sept. 18, 9 a.m. to 1 p.m. and 7 p.m., Chapel Center

Sept. 19, 10 a.m. to noon, DGMCC Chapel, Tashlich at the Duck Pond.

ABOUT TRAVIS

TRAVIS COMMUNITY EVENTS

Tuesday — • Learn wood-working basics during the Skills Development Center's orientation class at 6 p.m. at the Woodshop located in Bldg. 226. The class certifies participants in the use of various pieces of woodworking equipment. This class is a requirement for those wishing to use the facility. For more information, call Sharon Pierce at 424-5372.

Sept. 14 — • Games, prizes, music and lots of skating are just some of the fun-filled activities youths 6 to 13 can enjoy at the Friday night lock-in from 11 p.m. to 7 a.m. at the skating rink. Tickets can be purchased at the door for \$20. Purchase a ticket by Wednesday and pay only \$15. Price includes admission and skate rental. Call 424-3891.

Sept. 15 — • A library pizza party will be the final chapter in the Children's Summer Reading Program at the Mitchell Memorial Library. Children who participated in the program are invited to the party from 11 a.m. to 1 p.m. at the Travis Pizzeria. For more information, call 424-3279.

Sept. 15 & 16 — • It's tee time for fall golf tournaments at Cypress Lakes Golf Course.

The Club Championship tournament is scheduled for Sept. 15 and 16. Stroke play will be in flights. Flights are Open, Senior 55 and over, Super Senior 56 and over and Ladies. Winner of each flight will be based on a gross score. Net score will determine all other winners. Cost is \$35 plus green and cart fees. Entry fee includes participation prize, food, awards and raffle



Courtesy photo

Fore: Take a few minutes to drop by Cypress Lakes and try out the newly renovated Driving Range. Cost for a small bucket of balls is \$2; \$4 for a large bucket. Range hours are 7:30 a.m. to dusk on Mondays, 7:30 a.m. to 4 p.m. on Tuesdays, 10 a.m. to dusk on Wednesdays and 7:30 a.m. to dusk on Thursdays and Fridays. Weekend hours are 6:30 a.m. to dusk. Call 424-5797.

giveaways. Sign-up deadline is Wednesday.

Sept. 16 — • Relive the California Gold Rush era by touring Old Town Sacramento. Explore the Sacramento River boardwalk and cobblestone streets with over 100 shops, restaurants and museums. Shop for collectible art, clothing, jewelry, antiques and more. Sight-seers can even enjoy paddleboat river and steam train rides. The \$10 cost covers transportation only. Call 424-5659.

Sept. 18 — • Join Information, Tickets and Tours on a trip to shopper's paradise. Find contemporary fashions, jewelry, accessories and brand name merchandise at the Arden Fair. There are more than 165 specialty stores to choose from.

Arden Fair is also the home of numerous restaurants, everything from fast food to fine dining. Kids will love to ride the fair's carousel. The \$15 cost covers transportation only. Call 424-5659.

Sept. 22 — • Try your luck at some of the most famous casinos in the country. Visit Peppermill Casino, Harrahs Reno, Circus Circus, Silver Legacy and many others. The \$15 cost covers transportation only. Call 424-5659.

All month — • Thinking of that perfect way to celebrate a birthday? How about a party at the Travis Bowling Center? The staff can handle any size party for any age. The party packages can be tailored to suit all birthday needs. Call 437-4737.

FSC EVENTS

Monday

♦ **Spouse employment orientation**, 9 a.m. to noon for newly arrived spouses. Learn about employment and career development programs at the Family Support Center. Call 424-2486.

Tuesday

♦ **Skills and self assessment** from 8 a.m. to noon for all job seekers. Explore different career paths based on personality type, skills, abilities, interests. Call 424-2486. ♦ **Uniformed Services Thrift Savings Plan** briefing from 10 to 11 a.m. Learn about this new savings and investment retirement plan that all military personnel can sign up for between Oct. 8 through Dec. 9 with contributions beginning Jan. 1, 2002.

Thursday

♦ **Ultimate job search** at the FSC from 8 a.m. to 4 p.m. Attend this intensive one-day job search workshop which includes skills and self-assessments, job search techniques and more. Call 424-2486. ♦ **WIC** representatives will be at the FSC from 8:30 a.m. to 4 p.m. by appointment only. Call 435-2200. ♦ **Financial planning** seminar from 9 to 11 a.m. at the FSC. Call 424-2486.

September 14

♦ **Career dressing** workshops at the Base Exchange with fashion advisor Linda Clark. Women: 9:30 to 11:30 a.m. Men: 1 to 3 p.m. Call FSC at 424-2486 to sign up.

September 17

♦ **Spouse employment orientation**, 9 a.m. to noon for newly arrived spouses. Learn about employment and career development programs at the FSC. Call 424-2486.

September 18

♦ **Resume writing workshop** from 8 a.m. to noon at the FSC. Call 424-2486. ♦ **Career/life change management** from 1 to 4 p.m. Learn coping skills for any life change: career change, lifestyle change, relocating to a new base or job change. Call 424-2486.

September 19

♦ **WIC** representatives will be at the FSC from 8:30 a.m. to 4 p.m. by appointment only. Call 435-2200.

Magazines wanted

The Family Support Center is seeking magazines to use in the September Life History College workshop. Magazines should be dropped off at the Family Support Center. For more information, call 424-2486.

Blood drive

The Travis blood drive continues today from 9 a.m. to 3 p.m. in the S31 Atrium (the Pizza Hut) on Hangar Avenue. Donors will receive a T-shirt. Sponsored by the Blood Centers of the Pacific. For more information, call 428-6001.

AFA/AFROTC briefs

Now is the time to start the application process to enter the Air Force Academy or Prep School. The next deadline for the Academy is Jan. 31, 2002. Air Force ROTC is another means for earning a college degree and an Air Force commission. The next deadline is March 15, 2002. Representatives from the Air Force Academy and AFROTC will be on hand to answer questions today at 10 a.m. at the Education Center, Bldg. 249. This is an opportunity to find out more about these commissioning opportunities. For more information, call 424-14727.

Travis flea market

The Travis flea market, sponsored by the Enlisted Wives Club, is Sept. 15 from 8 a.m. to 2 p.m. in the Delta Breeze Club parking lot. The market will offer crafts, clothing, free drawings and much more. Booster clubs and individuals selling household items are welcome to participate. Prices are \$10 for one empty space, \$15 for two empty spaces, \$20 for one space with a table and \$30 for two spaces with two tables. The EWC will be selling Krispy Kreme donuts for \$6 per dozen. For more information, or to pre-order donuts, call Wendy Housel at 437-1473.

News Notes / From Page 4

Housing repairs

The Housing Office has announced the availability of flowers and bushes at the U-Fix-It Store (Bldg. 5570) on Wyoming St. near the youth baseball fields for residents to use to beautify their yards. The flowers include begonias, vinca and coreopsis. Bushes are azalea and lantana.

Each resident may pick up two sets of six flowers and a bush while supplies last.

Hours of the U-Fix-It Store are 10:30 a.m. to 1:30 p.m. and 4 to 6 p.m. Monday through Friday and 10 a.m. to 2 p.m. Saturdays. All housing residents are reminded that exterior wooden fence repairs are the occupants' responsibility.

Replacement redwood dogear boards and posts are available at the U-Fix-It Store. For repair projects needing large quantities of wood, visit the Housing Office for validation and a worksheet for the project.

Flea market

The Travis Enlisted Wives Club will sponsor a flea market Sept. 15 from 8 a.m. to 2 p.m. in the Delta Breeze Club parking lot.

Crafters, Booster Clubs and military families will be selling their wares at the annual event.

Doughnuts will be available for \$6 dozen that morning. Pre-ordering is highly encouraged. To reserve your space or pre-order your doughnuts, call Wendy Housel at 437-1473.

AFSA

The Air Force Sergeants Association will hold its general membership meeting Sept. 20 at noon in the Delta Breeze Club. All are encouraged to attend.

AFCEA Chapter 149

The Armed Forces Communications Electronics Association is hosting its monthly meeting and welcomes all interested in keeping up with the latest communications technologies. The meeting will be held Thursday at the Travis Conference Center-Galaxy Room from 11 a.m. to 1 p.m. Luncheon fees are \$10 for members and \$13 for non-members. RSVP to 2nd Lt. Mike Nicosia by close of business Monday at 424-4773.



*Tailwind story submission
deadlines are 4:30 p.m. the
Friday before publication to
Bldg. 51
Room 232 or e-mail
tailwind@travis.af.mil.*

**Looking for information
or telephone numbers?**

**Call the Base Operator
at 424-1110.**



Phone numbers to know

Legal Office

424-3251

Active duty locator

424-2798

Reserve locator

424-1644

Optometry

423-7171

Outdoor Recreation

424-5297

Pass and ID

424-2276

Reenlistments

424-2074

Security Forces

424-3293

Visitors Center

424-1462

Family Support Center

424-2486

Travis residents reminded to keep their pets on a short

Leash

Story and imagery by
SSgt. Mark
Diamond
60th ANM Public Affairs

He had been on the run for a couple of hours, roaming the base, running from house to house searching for who knows what.

Travis security forces personnel caught up to him on Armstrong Street and called the civilian authorities to pick him up and haul him away to an off-base detention facility of sorts.

He was now far from home, behind bars and confused. He could hear his fellow inmates — some were complaining loudly while others whimpered

and cried.

He was obviously afraid, but who knows exactly what was going through his mind.

If only dogs could talk.

Just about every day on Travis Air Force Base, a pet escapes through an unlatched gate or digs under or squeezes through a damaged fence and becomes a statistic on the 60th Security Forces Squadron police blotter — a daily listing of on-base security incidents.

Dealing with these four-legged escapees is the job of the 60th SFS, and they do perform this job more often than you think.

According to MSgt. Hector Rodriguez, 60th SFS, NCOIC of installation security, from January through June of this year, about 37 Travis cats and dogs (see information graphic on adjacent page) were captured and delivered to the Solano County Animal Shelter.

During the same timeframe,

there were 68 loose animal reports that required security forces response. Of those reports, Rodriguez said four involved animal bites.

During all of 2000, 85 Travis cats and dogs were taken to the animal shelter.

Rodriguez said when the 60th SFS receives a loose animal report, a patrol is dispatched to locate the dog or cat. If the animal is captured, security personnel will try to contact and owner. If the animal has no ID tags, the sergeant said they turn the animal over to Humane Animal Services, which then transports the animal to the Solano County Animal Shelter.

During non-duty hours, he said security forces personnel are responsible for delivering

the animal to the downtown shelter.

Rodriguez had some advice for Travis pet owners who want to avoid the trouble of chasing down their lost dog or cat.

First, he said, ensure the animal is fenced in or securely tied

up. If the animal is fenced in, he said owners should make sure the fence is in good shape — loose boards, old wood and soft ground make ideal escape routes (see the related story on the next page).

The sergeant also said if you want your lost dog or cat returned to you quickly, make sure your pet has an ID tag or a microchip — both will also ensure a lower fee at the local animal shelter.

In addition to these suggestions, Rodriguez said the best policy is know your Travis pet owner responsibilities, outlined in TAFB Instruction 31-102, **Control of Animals on Travis AFB**.

The following is a list of the

more important responsibilities. (For detailed guidance, refer to TAFB Instruction 31-102):

» Only domesticated pets (dogs, cats, hamsters, guinea pigs, rabbits and caged birds), non-carnivorous fish, and small (less than 12 inches), non-aggressive and non-poisonous reptiles may be quartered on Travis AFB without written permission from the 60th Support Group commander.

» Dogs and cats, four months or older, will be registered within 10 days after acquisition or within 10 days after assignment to government quarters.

» All dogs and cats must wear a Travis AFB rabies tag and collar while on base.

» All pets will be kept enclosed, penned, chained or leashed while on base, and will not be permitted to run loose. Leashes will not exceed eight feet in length. All pets will be on



This feline friend was one of a dozen or so stray cats recently available for adoption at the Solano County Animal Shelter. From January through July of this year, base security forces have delivered about 15 cats to the animal shelter.

Actionline

A new 'Leash' on life ...

Q I know we have a leash law on base, but even though the dogs were on a leash, I and my two dogs were attacked this evening, unprovoked, by a dog being led by a small child who could not handle the dog, without an adult immediately present. I think not only do we need a strongly enforced leash law, but also a provision that the person who's at the end of the leash can actually control that dog. Luckily, neither the dogs nor I were injured, but it was a traumatic experience, and one that I don't wish to repeat again any time soon.

A In this case, the pet owner could have used better judgement before letting his young daughter walk a dog that weighed more than she did. To deter folks from doing this again, we are correcting TAFB 31-102 to reflect that leashed animals must be under the control of a person who is physically able to control the animal. Every pet owner has the responsibility to ensure their pets are cared for and under positive control at all times. Ultimately, on-base residents who don't exercise control of their animals could be removed from base housing. Please let your friends and neighbors who own pets know about this significant change.



When walking your dog, do you control your pet, or does your pet control you? Make sure the person walking the dog is always in control (see the Actionline on this page).

a leash when they are walked. Devices (i.e., chain or rope) used to secure a pet outdoors will not exceed 10 feet in length, and pets will only be secured in the owner's yard.

» Except for fish, no pets are permitted within dormitories or any other building where personnel are billeted in close proximity.

» Dogs and/or cats will be limited to a total of two animals per house. Approval for more than the allowed number of dogs and cats may be obtained by submitting a request to the 60th Civil Engineering Squadron Housing flight chief (60 CES/CEH), describing breed of animal or animals you wish to have in your quarters.

» No boarding, grooming or commercial breeding enterprises are permitted on base.

Infrequent, non-commercial breeding of family pet is permitted, but the pet owner must not exceed the two pets per household limitation for longer than 60 days.

» Owners must clear grounds on which their pets defecate.

» Pet owners must comply with all quarantine rules and instructions issued by the base veterinarian. Additionally, Travis pet owners must provide

Animal Shelter fees

Dog impound, 1st time, license or microchip, \$35

Dog impound, 2nd time, no license or microchip, \$95

Dog impound, 3rd time, no license or microchip, \$110

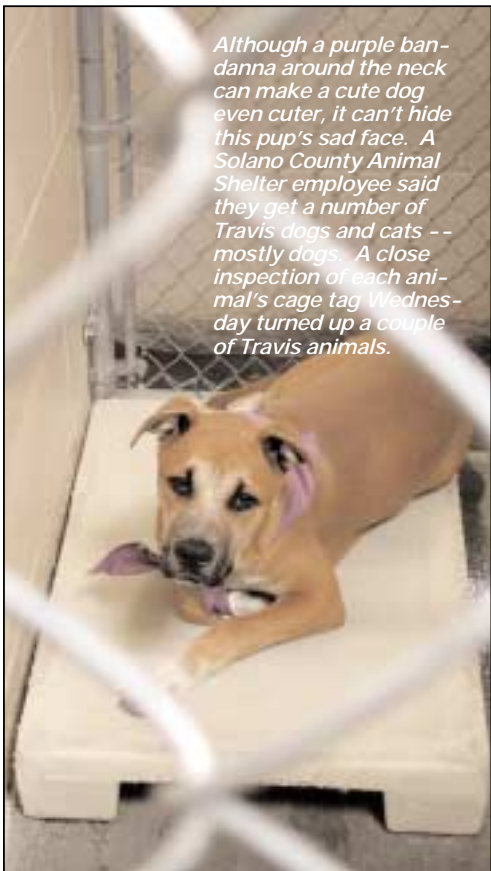
If the dog has tags or a microchip, the fees are \$25, \$35, and \$55 respectfully. There is a \$6 per day boarding fee.

food, shelter and water for humane existence of their pets, to include proper care and treatment. Animal abuse is defined in Travis AFB Instruction 31-102 as a pet which is mistreated, beaten, tormented or teased; deprived of water, food or shelter; kept in unsanitary conditions; or abandoned.

» Travis pets owners must place deceased pets in a plastic bag and take the remains to the Solano County Animal Shelter.

» Travis residents must notify the base veterinarian when a registered pet is no longer in their possession.

» Base housing residents must report pet nuisance, excessive pets at a residence, and pet leashing/chaining/walking/at-large complaints to the base housing office during normal operating hours.



Although a purple bandanna around the neck can make a cute dog even cuter, it can't hide this pup's sad face. A Solano County Animal Shelter employee said they get a number of Travis dogs and cats -- mostly dogs. A close inspection of each animal's cage tag Wednesday turned up a couple of Travis animals.

Photos by SSgt. Mark Diamond

PetStats

From January through June of this year, 37 Travis pets have been captured and taken to the Solano County Animal Shelter.



SOURCE: 60th Security Forces Squadron

Family pets/canine-convicts teach Travis sergeant valuable lesson

By SSgt. Mark Diamond
60th AMW Public Affairs

When the Tailwind editor was asked to place an article in the base newspaper concerning Travis pet owner responsibilities, his eyes lit up as if he had just discovered the meaning of life. He immediately turned to me and — with a smirk forming across his mug — said, "Hey, you got some experience in this area. Why don't you write the story?"

It had only been a couple of days since the morning I arrived at work muttering unintelligibly about "stupid animals," the "dog pound" and "paying fines."

That day, I had left work promptly at 4:30

p.m. and headed toward the child development center where I picked up my 4-year-old son and drove home. Once at home, I straightened up a small mess my son and I had made that morning (to avoid any verbal lashing from my better half) and I started throwing something together for dinner (once again, to avoid a verbal lashing from my spouse).

At about 5 p.m., my wife arrived home from work and we ate dinner. Normally, at this point in the evening, we let our dogs in to eat and visit with us. This time, I had special treat for them ... a couple of leftover bratwursts. I knew they'd be happy to see me. But, when I opened the back door — which nor-



Bogie (left) and Cowboy's night in "doggie jail" was traumatic for the dogs and our family.

mally triggers a wild rush for the house — nothing happened.

I called for my pups. Nothing happened. I whistled — again, no dogs in sight.

I knew something was wrong. The dogs were missing. I didn't expect foul play. The dogs had escaped once before when



the infamous Delta "breeze" knocked down a portion of my fence, and another time when the "breeze" snapped my gate in half.

This time, a quick glance at the backyard showed my fence intact. But after a thorough search of the yard, I found their escape tunnel,

surrounded by mounds of dirt and splintered wood.

My dogs had escaped, and to add insult to injury, they weren't wearing their ID tags. Just a few days earlier they had chewed off their collars ... identification tags, rabies tags and all.

I realized my dogs were roaming the base without ID.

I immediately called the law enforcement desk to report my missing mutts. The LE desk confirmed that my dogs were picked up earlier that day and delivered to the downtown animal shelter. Because the facility had closed for the day, I had to leave my canine companions there overnight.

The next day, I claimed my dogs. Besides having to pay a \$50 retrieval fee,

my dogs were obviously traumatized by the event. Bogie — who is normally excited to see my wife and I — cowered in the corner of the animal pen. I had to carry him out of the dog holding area because he was too afraid to walk. Although Cowboy was not nearly as shaken as Bogie, a couple of days later he started hacking and coughing badly. He contracted kennel cough — probably during his stay in the shelter.

Bottom line — I'm mad that my dogs had to spend a night in "doggie jail," but I have no one to blame but myself.

Make sure your gate is securely fastened and your fence is in good repair, or your four-legged friend could become a canine convict, too.

Hometown athlete returns from Air Force Academy all fired up

By Michael T. Moseley
Daily Republic/Itasca

The last time Chris Jessop set foot on the Vanden High School football field was 1995 when he was a senior at the school. That year, with Jessop as quarterback, the Vanden Vikings breezed through an undefeated season.

When Jessop graduated in 1996, he left for the Air Force Academy in Colorado Springs, Colo.

Though he was a starting quarterback in high school, the Academy had other ideas for the young athlete. He began serious weight training, gained about 60 pounds and re-emerged at the offensive tight end position.

Jessop graduated from the Academy in 2000 and earlier this year returned to his high school alma mater to assist his former coach, Rich Woods, with the Vanden football camp.

"Chris has always had super leadership [ability]," coach Woods said. "But I was just amazed at what the Air Force

Academy has done for the young man. He's a ... he's a man. There's no other way to put it."

Col. Alan Akers, 60th Dental Squadron, has two sons that play for Vanden and attended the camp.

"Chris was just a perfect role model for those kids," he said. "It really impressed me that he took his free time to come back home and do this for kids he didn't even know."

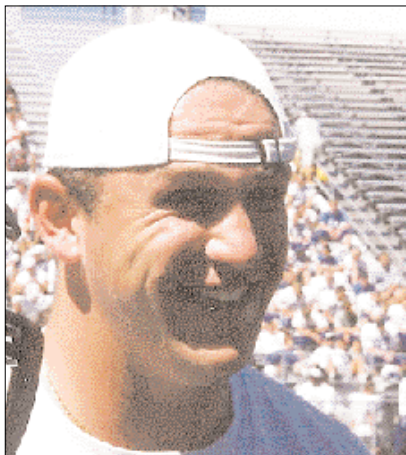
In the Year of Retention and Recruiting, Akers said having someone the kids can look up to and strive to emulate is a good thing for the Air Force.

"Guess what position my son wants to play now?" Akers asked with a laugh. "Chris really had a great influence on those young people. That's better than any kind of recruiting."

Jessop, who is currently working as a logistics coordinator at the Academy, will be leaving in a year to complete undergraduate pilot training.

"I was just amazed at what the Air Force Academy has done for the young man."

Rich Woods
Vanden High School head football coach



Courtesy photos

(Above), Chris Jessop smiles encouragement to members of the Vanden Vikings at a recent Reno football camp. "He was just full of initiative," Vanden coach Rich Woods said. "It was like having another coach to help out. He knows the offense, he's spontaneous and quick-witted." (Below), Jessop gives some offensive blocking pointers to Vanden offensive right guard Brent Akers, on left, who faces off against defensive tackle Adam Garcia.



SPORTS SHORTS

Lap swimming

Adult lap swimmers can get daily exercise at the base pool. Beginning Monday, two lanes will be available for lap swimming.

Swimmers must sign up at the Exercise Center between 5:30 a.m. and 9 p.m. Swimmers must be at least 18 years of age and authorized users of the facility. There will be no lifeguards on duty.

Lap swimming hours are from 5:30 to 7 a.m. Monday, Wednesday and Friday; from 3:30 to 7:30 p.m. Monday through Friday; and from 7:30 to 10:30 a.m. Saturday.

For more information, call 424-5680.

PGA golf

The Transamerica Senior PGA golf championship at Silverado resort in Napa is looking for approximately 50 volunteers to be greenside communicators and official scorers. The tournament, to include the Pro-am, will be held Oct. 10 through 14. Interested parties should contact Rich Robbins at 424-3069.

Capoeira workshop

The Exercise Center is offering a Capoeira workshop Monday and Wednesday from 6 to 7 p.m. Melanie Schmidt is the instructor.

Capoeira is a Brazilian sport that blends elements of dance, acrobatics and martial arts. Brazilians call Capoeira a game because it is "played," not fought.

The challenge for the player is to harmoniously meld together, in a powerful flow, the balance and flexibility of acrobatics, the grace and strength of dance, the speed and cunning of fight and the rhythms of music.

Workshop participants will learn the basic moves and spirit of Capoeira.

Prizes await NFL fans at DBC

60th Services Squadron

The prize package for playing Football Frenzy at the Delta Breeze Club just got better.

The weekly winner of the U-Pick-Em contest will win a family pass, up to four people, to Scandia Family Center. That's in addition to the free pizza and the VIP treatment during Monday Night Football at the Delta Breeze Club.

The contest starts today with just a few simple rules. Fill out the adjacent form each week and drop it off before midnight on Friday at the Delta Breeze Club, Pizzeria or the Bowling Center. Sorry, only one entry per person, per week. The winning football sage will be called on Tuesday.

The large two-topping pizza can only be delivered to the

contest winner at their VIP seat at the Delta Breeze Club.

The contest is in addition to the many prizes Delta Breeze patrons can win in the Air Force Football Frenzy promotion.

Just stop by the Gold Rush Lounge at 5 p.m. every Monday for the football game on a 12-foot screen and great drink and food specials. The event is open to all ranks.

While there you can register to win great prizes from the Air Force Football Frenzy promotion. Hundreds of people will win mini footballs, sports bag and sports pullovers.

But that's not all. ■ Nine people will win a trip to Dallas to see the Cowboys take on the New York Giants Dec. 9.

■ Five people will win

prize packages to the Superdome in New Orleans for Super Bowl XXXVI Jan. 27.

■ Five people will win prize packages to the Pro Bowl in Hawaii Feb. 3.


Each trip includes round-trip airfare for two, game tickets, hotel accommodations and a rental car.

■ One family, up to four people, will receive a vacation package to Disney World.

■ One family, up to four people, will receive a vacation package to Disneyland.

This is the seventh year of the world-wide promotion that is sponsored by Miller Brewing Company, American Airlines, Destination Arlington and the DoubleTree Alana Waikiki Hotel.

For more information on Football Frenzy, call 437-3711.





SELECT THE WINNING TEAMS

<input type="checkbox"/> St. Louis Rams vs Philadelphia Eagles	<input type="checkbox"/>
<input type="checkbox"/> Detroit Lions vs Green Bay Packers	<input type="checkbox"/>
<input type="checkbox"/> Carolina Panthers vs Minnesota Vikings	<input type="checkbox"/>
<input type="checkbox"/> Indianapolis Colts vs New York Jets	<input type="checkbox"/>
<input type="checkbox"/> Pittsburgh Steelers vs Jacksonville Jaguars	<input type="checkbox"/>
<input type="checkbox"/> Washington Redskins vs San Diego Chargers	<input type="checkbox"/>
MONDAY NIGHT FOOTBALL — SEPT. 10	
<input type="checkbox"/> New York Giants vs Denver Broncos	<input type="checkbox"/>
TIE BREAKER: Total points scored in Monday game _____	

Turn in the completed form before midnight on Sept. 7 at the Pizzeria, Bowling Center or the Delta Breeze Club. Winners will be announced in the following week's Tailwind. Only one entry per person per week.

Name: _____ **Phone:** _____

SPORTS SHORTS

Instructors needed

The Fitness Center is currently accepting applications and resumes for the following contracted positions:

Aerobic instructor — beginning step aerobics/cardio kickboxing, 7 to 8 p.m.

Adult boxing — 7 to 8:30 p.m., Tuesdays and Thursdays

Adult kickboxing — 7 to 8:30 p.m., Tuesdays and Thursdays

Youth Taekwondo — 5 to 6 p.m., Mondays, Tuesdays and Thursdays

Adult Taekwondo — 6 to 7 p.m., Tuesdays and Thursdays

Walk-a-thon

Team Travis members can join the Special Olympics walk-a-thon in Fairfield and have a family fun day at the same time. The event will take place Saturday at the FoodMaxx on North Texas Street. Registration begins at 10 a.m., and the walk starts at 11 a.m. There will be free food for all participants in the two-mile walk as well as prizes. The Fairfield Chamber of Commerce will also host children's entertainment, a classic car show and parade, food booths, raffles and a chili cook off. Competitors in the chili cook off should register for that event at 8 a.m. For more information, call Sonya Moore at 424-2676.

Travis half-marathon

Compete in the Travis annual half-marathon Sept. 15 at the Exercise Center parking lot. Registration begins at 8:30 a.m., and start time for this 13-mile race is at 9 a.m. Age groups for both men and women are

18 to 24, 25 to 29, 30 to 34, 35 to 39 and 40 and over. Raffle prizes and additional giveaways will also be offered. There is no cost. Runners can register in advance at the Fitness Center. For more information, call Jay Sundiam at 424-2008.

Varsity basketball

Varsity basketball tryouts are Sept. 17 through 30 from 7 to 8:30 p.m. at the Fitness Center. A Blue and White game is scheduled for Sept. 30 at 2 p.m., and selections for the varsity team will be made after the game. Coaches will post the new men's varsity team Oct. 2 at the fitness and exercise centers. The Travis men's varsity basketball head coach is Don Little, and the assistant coach is William Garner. For more information, call varsity sports director Amanda Saroglouat 424-2085.

Senior bowling

Applications are now available at the Bowling Center for the California State 32nd Annual Senior Bowling Championships. Participants can sign up for the team event, which will be held at the Bowling Center, or the singles and doubles division, to be played at Stars Recreation Center in Vacaville. The championships are scheduled at both locations Oct. 27 and 28, Nov. 3 and 4, 10 and 11, 17 and 18. For more information, call 437-4737.

Sign-ups are also being accepted for the mixed fun doubles at the championships. All participants are required to have an ABC or WIBC card, and one team member must be entered in the seniors championships. The mixed fun doubles will be held at the Bowling Center Oct. 27 and Nov. 3, 10 and 17 from 5 to 8 p.m. For more information, call 437-4737.

TRAVIS CINEMA

Jurassic Park 3

(PG-13) Friday, Saturday & Sunday, 7 p.m.

Starring: Sam Neill, Tee Leoni

Lost World's Site B has been quarantined for five years. But when a boy trying to get a look at the creatures gets stranded there, a rescue mission is formed, comprising the boy's divorced parents, a few mercenaries and Dr. Grant. There've been some unpleasant developments since Dr. Grant was last there. (Intense sci-fi terror and violence) 92 min

America's Sweetheart

(PG-13) Friday & Saturday, 9:30 p.m.

Starring: Julia Roberts, Billy Crystal

Kiki is the devoted personal assistant and sister to megastar Gwen Harrison. Life with her famous sister has never been easy for Kiki, but it's about to get even harder. Kiki finds she's faced with a more important concern as her life takes a romantic turn. (Language, some crude and sexual humor) 100 min

Movie schedules are subject to change after publication.

For up-to-the-minute movie information, call 437-3855.

Submission of a story or brief does not guarantee publication. For more information, call the Tailwind at 424-2011.

Savings Bonds

Did you know that U.S. Savings Bond information is available on the Internet? The address is www.publicdebt.treas.gov. Find out about maturity periods, tax benefits and the values of your Savings Bonds.

FITNESS CLASSES

	TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CORE	6 a.m.	Aerobics	Aerobics	Aerobics	Aerobics	Aerobics	
	7:30 a.m.					Aerobics	
	11:30 a.m.	Aerobics		Aerobics	Spinning	Aerobics	
	5 p.m.	Aerobics	Aerobics	Aerobics		Kick Boxing	
	6 p.m.		Cardio Kickboxing				

Core classes are free to all active duty members. Patrons with an aerobic pass may attend on a space available basis.

ENHANCED	7 a.m.		Squadron PT		Squadron PT		
	7:15 a.m.		Spinning	Walking Club			
	8:45 a.m.	Low-impact Step	Senior Fitness	Low-impact Step	Senior Fitness		
	10:15 a.m.						Intermediate Step
	11:30 a.m.		Squadron PT				
	12:30 p.m.	Spinning	Yoga	Spinning	Yoga	Spinning	
	5:30 p.m.				Fitness Basics		
	6 p.m.	Hip Hop		Hip Hop		Dance Club	

Enhanced classes are open to all ID cardholders, but require an aerobic pass. Active-duty military must pay for Enhanced classes, except during the Squadron PT class. Yoga classes are \$30 per month, all other classes are \$20 per month, \$10 for a half-month or \$3 per class. Passes can be purchased at the Exercise Center service counter. For more information, call 424-5680.

LIFE SKILLS	5 p.m.			Kajukembo			
	6 p.m.	Youth Kajukembo		Jr. Kung Fu San Soo		Jr. Kung Fu San Soo	
	7 p.m.	Adult Kajukembo		Sr. Kung Fu San Soo		Sr. Kung Fu San Soo	

Life Skills classes are open to all ID cardholders, but require a separate fee for each activity. Active-duty military must pay for Life Skills classes. The costs range from \$25 to \$30 per month. Activity passes can be purchased at the Exercise Center service counter. For more information, call 424-5680.